valve housing portion and a flap end that moves between a sealed position against a sealing-surface of the one-way housing position and an unsealed position moved generally forward away from the said sealing-surface.

8. A pressure control system as in claim **7**, further comprising at least one pad in front of the elastomeric valve member.

9. A pressure control system as in claim **8**, further comprising at least one screen behind the elastomeric valve member.

10. A pressure-control system as in claim **7**, wherein the elastomeric valve member is elastically-biased to the sealed position.

11. A pressure-control system as in claim **10**, wherein the elastomeric valve member stretches to an unsealed position when pressure in the well builds to a set-point above ambient atmospheric pressure.

12. A pressure-control system as in claim **11**, wherein the set-point is in the range of 1-3 psi differential between pressure in the well and ambient atmospheric pressure.

13. A pressure-control system as in claim **10**, wherein the elastomeric valve member flap end flexes forward to the unsealed position when pressure in the well builds to a set-point above ambient atmospheric pressure.

14. A pressure-control system as in claim **13**, wherein the set-point is in the range of 1-3 psi differential between pressure in the well and ambient atmospheric pressure.

15. A pressure-control system as in claim **10**, comprising no spring.

16. A pressure-control system as in claim **7**, comprising no spring.

17. A pressure control system for a prosthetic hard socket, the pressure-control system comprising:

a prosthetic socket comprising a wall defining a space for receiving a residual limb, the space comprising a well between the lower end of the limb and the lower end of the socket, wherein a hole extends through said wall in the vicinity of the well; and

a valve device comprising:

a housing comprising a base at a rear end of the valve device and connected to the socket wall at the hole, and a handle at a front end of the valve device and rotatably connected to the base, wherein each of the base and the handle comprises an axial bore; and

wherein the handle is rotatable to an open position wherein the axial bore of the handle is aligned with the axial bore of the base so that the axial bores form an air passageway between the front and rear of the valve device for air-flow from the socket well to the ambient atmosphere outside the socket and air-flow from said ambient atmosphere to the socket well;

wherein the valve device has a longitudinal axis from the front end to the rear end, and the base and the handle each comprises a radially-protruding portion that makes the base and the handle each asymmetric around the valve device longitudinal axis.

18. A pressure-control system as in claim **17**, wherein said handle rotates in the range of 30-90 degrees between the open position and a closed position.

19. A pressure-control system as in claim **18**, wherein the valve device comprises a perimeter wall around a portion of the handle extending axially along-side a portion of the base, wherein an end of the wall abuts into the base to stop rotation of the handle relative to the base when the bores of the handle and base are aligned.

20. A pressure-control system as in claim **18**, wherein the radially-protruding portions of the handle and of the base point in the same direction when the handle is in the closed position.

21. A pressure-control system as in claim **20**, wherein the radially-protruding portion of the handle is angularly distanced from the radially-protruding portion of the base when the handle is in the open position.

22. A pressure-control valve device for a prosthetic hard socket, the valve device including a manual two-way valve system comprising:

a housing comprising a base for attachment to a prosthetic hard socket, and a handle movably connected to the base, wherein each of the base and the handle comprises an axial air-flow bore; and

wherein the handle is moveable relative to the base to an open position wherein the axial air-flow bore of the handle is in fluid communication with the axial air-flow bore of the base so that air flows all the way through the valve device between a front end and a rear end of the valve device; and

wherein the handle is moveable relative to said base to a closed position wherein the axial air-flow bore of the handle is distanced from the axial air-flow bore of the base to block said air passageway;

wherein the handle is generally coaxial with the base and moves by rotating relative to the base on a longitudinal axis between the front end and the rear end of the valve device to said open position;

wherein the handle rotates relative to the base on said longitudinal axis to move to the closed position wherein the air-flow bore of the handle is not in fluid communication with the air-flow bore of the base so that air does not flow between the front end and the rear end of the valve device;

further comprising an automatic one-way expulsion valve member in the housing that automatically opens when air pressure at a rear end of the expulsion valve member reaches a certain differential pressure above pressure at a front end of the expulsion valve, whereby air flows through the valve device when the manual two-way valve system is closed;

wherein the elastomeric valve member is an umbrella valve.

23. A valve device as in claim **22**, comprising no spring.

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